



Expand your skills, invest in your team!

The Emotionally Strong Leader

(5 Part Series)

Date & Time: October 20, November 3 & 17, and December 1 & 15, 2022 at 8:30am to 11:00am

Cost: \$1,050 (included Carolyn Stern's book *The Emotionally Strong Leader, An Inside-Out Journey to Transformational Leadership*, workbook, and access to online program)

Location: Virtual/Zoom

Description: Are you an emotionally strong leader?

Many see the words “emotional” and “strong” as contradictory terms that do not belong together when describing leaders who can transform their own lives, the lives of their colleagues, and the future of their business for the better.

After all, how can anything to do with feelings be the key to unlocking personal and collective success?

Well, it's essential to learn how to be in the driver's seat of your feelings and understand how to lead with a strong mind and a kind heart while using a set of clear, simple, and tested skills and strategies. Doing so will allow you to connect more authentically and communicate more effectively with your coworkers and teams. This kind of connection and communication will create an environment of trust and belonging that will spur engagement, spike curiosity, and engender fraternity among team members. That is what leading with emotional intelligence (EI) looks like, and this five-part series teaches you how to enhance your EI skills and become the emotionally strong leader you always envisioned you could be.

Working in tandem with the book, *The Emotionally Strong Leader, An Inside-Out Journey to Transformational Leadership*, we will cover the six-step self-coaching model to enhance your emotional intelligence. Coaching yourself through the model will help you uncover your barriers to growth and change, set goals for yourself, and tap into your motivation, giving you the tools and drive to manage the hurdles life throws at you. As life changes and your emotions evolve, this framework will continue to serve you as a powerful tool you can continually call upon throughout the seasons of your life.

The Self Coaching Model:

Our model is a personal, step-by-step process where you first identify the specific emotional skills that impact your life and career. All of us have distinct strengths and areas for growth at different points in our life and for all kinds of different situations. In each of the 2.5-hour classes, our framework will provide you with a structure, that whatever your emotional challenges are at this moment, they're explored thoroughly and from many angles.

Go to sou.edu/professional to register!



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This six-step self-coaching model—adapted from emotional intelligence courses she's developed for major universities and corporations across North America—is backed by decades of field experience and top science on emotions and behavior. Stern's engaging, results-based approach has been synthesized here for the first time in a user-focused, self-coaching model that will motivate and inspire professionals to apply the power of emotional intelligence to their own leadership and organizations.

Learning format:

This program will allow you to gain a deeper understanding of how your emotions impact your workplace behaviors and those of your peers and put your learned emotional insights into action through discussion, activities, case studies, workplace examples, and personalized action plans. Each participant will receive a certificate and badge after completing the program and attending all five sessions.

Pre and post work:

Each class will require about 15-30 minutes of pre-work, including recommended readings, and The Emotionally Strong Leader Online Program. The online program will provide you with an opportunity to practice and hone your skills learned throughout the book, and supply you with additional tools that are custom fit to your specific needs so that you can continue to enhance the emotional intelligence competencies you identified that need your attention. Throughout your journey, we will provide you with audio/video lessons taught by author Carolyn Stern, exercises, knowledge checks and additional resources to help you live the learning.

About the Presenter: Carolyn Stern is the President and CEO of EI Experience—an executive leadership development and emotional intelligence training firm. She is a certified Emotional Intelligence and Leadership Development Expert, professional speaker, and University Professor. Carolyn's emotional intelligence courses and modules have been adopted by top universities in North America. She has also provided comprehensive training programs to business leaders across the continent in highly regarded corporations encompassing industries such as technology, finance, manufacturing, advertising, education, healthcare, government, and foodservice. Carolyn lives and works in Vancouver, British Columbia. www.carolynstern.com www.eiexperience.com

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